

Middle School Elective Course Descriptions 2025-2026



Codes for the credit category are listed under each class description.

AC	<i>Academic Support and Enrichment</i>
CT	<i>Career and Technical Education</i>
FA	<i>Fine Arts – Art (AR), Music (MU), and Performing Arts (PA)</i>
HU	<i>Humanities – English, Literature and Social Sciences</i>
FL	<i>Foreign Languages – Chinese, French, Spanish</i>
SM	<i>STEM – Science, Technology, Engineering and Math</i>
WE	<i>Wellness, Health and Physical Fitness</i>

Academic Support and Enrichment

- 1. Academic Strategies (Teachers Vary)** - Designed to help students improve study skills, notes, test taking, writing, following directions, organization, catch up on technology knowledge, and overall how to succeed at Ashbrook and throughout high school. Students often complete homework during this class.
 - **Homework:** None
 - **Credit:** AC
- 2. Math Lab (Teachers Vary)** - Students at all levels will hone their math skills in this class where each one's individual needs will be addressed. All students can benefit from this class; some students might be assigned to take it.
 - **Homework:** None
 - **Credit:** AC

Career and Technical Education

- 1. Amigurumi Crochet (Mrs. Caruso)** – Learn a variety of stitches, read different patterns, and make an amigurumi crochet animal to add to your own stuffed animals or gift it!
 - **Homework:** Light
 - **Credit:** CT or FA
 - **Fee:** \$20
- 2. Beginning Sewing (Mrs. Caruso)** – Students will have an opportunity to use a sewing machine, use a straight and zigzag stitch, read a pattern, and prepare/choose appropriate fabric(s) to construct a Pajama Set! Students enrolling in this course should have a basic understanding of fractions and situational awareness around machines and sharp instruments (such as rotary knife).
 - **Homework:** Light
 - **Credit:** CT
 - **Fee:** \$40
- 3. Bullet Journal: Basics & Exploration (Mrs. Washburn)** – Are you interested in making better use of your time? In reflecting on your day-to-day living? In organizing your schedule? Maybe a Bullet Journal is for you. Using Ryder Carroll's "analog method for the digital age," students will create and maintain a basic BuJo, then add elements as the course progresses. Basic layouts, collections, projects, and notebook migrations will be covered. You'll also have the opportunity to design your own layouts and tailor your BuJo to your own unique situation.
 - **Homework:** Light
 - **Credit:** CT
 - **Fee:** purchase own dot journal
- 4. Digital Design (Mr. Hunt)** - Through various projects students will learn the fundamentals of graphic design. This course will allow middle school students to learn the basics of Adobe Photoshop Elements by editing images and using layers. Students will also learn the basics of Adobe Illustrator and use the software to create vector graphics used to make stickers, t-shirt designs, and laser cut/engraved designs.
 - **Homework:** None

- **Credit:** CT or SM
- **Fee:** \$25*

5. **Financial Literacy (Mrs. Caruso)** – Learn how to effectively manage your finances, make sound decisions, and become financially responsible. Through a story-based narrative and interactive exercises, you will learn to make real-life decisions about your personal finances, as well as how to achieve important goals around saving money, education and career planning, and budgeting. We will continue on into Economics in order to empower ourselves to analyze the economy, identify factors that impact the price of consumer goods, and better understand the role of government in the economy. The course introduces you to a cast of characters and then through interactive exercises along the way, you'll make real-life decisions that require the understanding of these key economic concepts.
 - **Homework:** Light
 - **Credit:** CT
6. **Food Science (Ms. Nix)** - Explore the science behind cooking and baking. Compare different ingredients while baking. Compare different techniques of cooking. **Food safety:** How to keep food safe to eat, including sanitation and food handling. Students will study for and take the food handlers permit test. **Kitchen safety:** Learn the proper way to use a knife and other tools in the kitchen. **Food chemistry:** The chemical reactions that occur when food is cooked, fermented, or baked. **Nutrition:** How food consumption affects health and human development.
 - **Homework:** None
 - **Credit:** CT or SM
 - **Fee:** \$40 cooking supplies/ingredients, \$10 food handlers permit*
7. **Intermediate/Advanced Sewing (Mrs. Caruso)** – Students will have an opportunity to build on skills learned in Beginning Sewing as they progress into a lap quilt! Students will learn how to piece a variety of 9 patch squares into a quilt top, add a border, pin and free hand quilt their quilt top with batting and backing fabric, and bind all together! Advanced students will have the opportunity to choose and plan a project of their own!
 - **Homework:** Light
 - **Credit:** CT
 - **Fee:** \$40
8. **The Navigator (Maestra Kelsey)** - Exploring, photographing, and reporting the school's stories in a student-led newspaper. Students will become reporters as well as photographers for the Student Newspaper, which will be issued to the Middle School students monthly. Students will write short articles on school events, student achievements, and more. Students will learn photography composition techniques and take pictures for the newspaper and yearbook. Students will learn various digital editing techniques and tools through Photopea (similar to photoshop) and Canva to create their articles. Students are welcome to take this as an elective all year.
 - **Homework:** None
 - **Credit:** CT

Fine Arts

Art

1. **8th Grade Art (Mr. Olson)** - Students will do a series of culminating activities including the 8th grade graduation boards. 8th Grade Art is required during spring term of the 8th grade year.
 - **Homework:** None
 - **Credit:** FA: AR
 - **8th Grade only**
2. **Art Core (Mr. Olson)** - Through various slide lectures and classroom activities the students will develop an understanding of the basics of art history and the philosophy of aesthetics. They will be able to walk into any art museum in the world and understand and appreciate the diversity they will find there. The students will understand that the history of art is their legacy and an invitation from their ancestors directly to them. Art Core is required 1 time during Middle School and cannot be repeated.
 - **Homework:** None
 - **Credit:** FA: AR

3. **Calligraphy (Mrs. Washburn)** - Dip-pen calligraphy is a delicate craft which elevates lettering into artwork. Learning to use pens and nibs can be challenging, but the results produced are stunning. You'll learn how to hold and use both straight and oblique pens, and practice a variety of lettering styles and embellishments. Finally, you'll design a capstone project of your own. Students taking this course should try to take Hand Lettering as a prerequisite.
 - **Homework:** *Light*
 - **Credit:** *FA: AR*
4. **Cartooning (Mr. Olson)** - Through creating many different kinds of cartoons and graphic stories the students will become familiar with the main tools artists use to combine pictures and written stories. We will look at funny cartoons, political cartoons, and graphic novels and analyze the strengths and weaknesses of each type of storytelling device. Then we will use our knowledge to create our own short cartoons.
 - **Homework:** *None*
 - **Credit:** *FA: AR*
5. **Ceramics (Mr. Olson)** - Through various projects students will learn the fundamentals of ceramics. The students will learn 4 hand building techniques. The course will emphasize creative problem solving to manipulate the clay to meet our artistic requirements.
 - **Homework:** *None*
 - **Credit:** *FA: AR*
6. **Drawing (Mr. Olson)** - Through various projects students will learn the fundamentals of drawing and drawing tools including a wide variety of pencils, charcoal, graphite, erasers, papers, and smearing tools. The students will complete work in the classic genres: Still life, Landscape, Portrait, and Symbolic self-expression. The course will emphasize how we struggle to really see our world and to understand how we learn about our world by struggling to draw it.
 - **Homework:** *None*
 - **Credit:** *FA: AR*
7. **Drawing Projects (Mr. Washburn)** – The students will design their own drawing projects. Paper, pencils, colored pencils, and markers will be supplied. Collaboration on larger, more involved projects is encouraged. Informal discussion and critique of works at various stages of development are essential parts of the artistic community.
 - **Homework:** *None*
 - **Credit:** *FA: AR*
8. **Hand Lettering (Mrs. Washburn)** – Check out social media and you'll find countless creatives practicing the art of hand lettering. In this course you will learn the essential techniques of hand lettering, and have ample opportunities to develop and improve your abilities in this medium. You'll create multiple projects, including a final assignment of your own choosing. If you plan to take Calligraphy in the Spring Term you should try to take this first.
 - **Homework:** *Light*
 - **Credit:** *FA: AR*
 - **Fee:** *Purchase own set of brush pens*
9. **Mural Painting (Ms. Nix)** - Students will focus on learning about urban art, different urban art styles and how it enriches communities. Students will be able to plan and paint a mural in a classroom to enrich their school community.
 - **Homework:** *None*
 - **Credit:** *FA: AR or HU*
10. **Painting (Mr. Olson)** - Through various projects students will learn the fundamentals of painting. The students will learn a wide variety of painting styles and techniques they have likely never tried before. The course will emphasize how we struggle to really see our world and to understand how we learn about our world by struggling to paint it.
 - **Homework:** *None*
 - **Credit:** *FA: AR*

Music

1. **Beginning Band (Mr. Hoge)** - This class includes all fifth graders but is also open to older students who wish to begin playing a wind, brass, or percussion instrument. The emphasis is primarily on learning the instrument and performing as a band, though there may be some opportunities to sing or play other types of music and instruments.
 - **Homework: Light**
 - **Credit: FA: MU**
 - ***This is a year-long class every other day***
2. **Choir (Maestra Kelsey)** - Students will work on perfecting pitch, tone, phrasing, tempo, dynamics, harmony, and performance skills. Students will learn music theory, sight reading, and proper vocal techniques and have fun singing of course. Students will learn a repertoire of songs to perform at the end of the term.
 - **Homework: None**
 - **Credit: FA: MU**
3. **Intermediate Ensemble (Mr. Hoge)** – An ensemble open to all students in 6-8th grades. This course is a great option for students who enjoy playing in an ensemble and feeling musically challenged, but are not ready for the high musical expectations and practicing time commitment of Advanced Band. Homework: Weekly homework/practice assignments are given during class and posted on SmartMusic - Assigned at the beginning of each week and due on Fridays.
 - **Homework: Light**
 - **Credit: FA: MU**
 - ***This is a year-long class every other day***
 - **Fee: \$13 workbook**
4. **Advanced Ensemble (Mr. Hoge)** - An audition-based ensemble for 6-8th grade students. Advanced Band is a class designed for middle school students who are ready for the time commitment and independent practicing expectations this ensemble demands. Homework: Weekly homework/practice assignments are given during class and posted on SmartMusic - Assigned at the beginning of each week and due on Fridays. Auditions for this ensemble will take place during the last two weeks of school. Email dhoge@ashbrookschool.org for the audition music.
 - **Homework: Medium**
 - **Credit: FA: MU**
 - ***This is a year-long class every day***
 - **Fee: \$13 workbook**

Performing Arts

1. **Acting Challenge (Ms. Samantha)** – Do you have experience with acting and want to take it to the next level? Have you been in plays previously? Have you taken *Acting Lab*, or do you consider yourself a more serious acting student? In *Acting Challenge* we will take on more difficult monologues, scenes, skits, and short plays working on advanced techniques and character development. Performance potential with enough interest. It is recommended to take Acting Lab prior.
 - **Homework: Light**
 - **Credit: FA: PA**
2. **Acting Lab (Ms. Samantha)** – In our Acting Lab we will cover basic stage skills and techniques. Using a hands-on approach to learning about acting, we will explore a wide range of theatrical experiences: improvisation, pantomime, voice work, **character and world building**, as well as monologues and scenes. Theater terminology will also be studied. Students will present short scenes and/or monologues in class throughout the term. If time allows, we may be performing a short piece for VIP Day.
 - **Homework: Light**
 - **Credit: FA: PA**

3. **Beginning Costuming (Ms. Samantha)** - This course will introduce students to the art of costuming for the theater. We will learn about different types of costuming, the ways in which a costume designer works with directors and actors, and how to analyze a script for costume needs. We will also dabble in hair, make-up, and accessories. Some class projects will support the winter middle school production.
 - **Homework: Light**
 - **Credit: FA: PA**
4. **Beginning Scenic Design (Ms. Samantha)** - In this course we will explore the art and elements of scenic design for the theater. Through the use and creation of storyboards, drawings, and models, we will work to create a sense of place on the stage, unique to each production. We will discuss theater terminology and design concepts with a consideration of budget, available materials, practicality, theatricality, and desired mood and aesthetic.
 - **Homework: Light**
 - **Credit: FA: PA or AR**
5. **Behind the Scenes (Ms. Samantha)** - Theater can only happen if *a group* of dedicated, creative, and hard-working people play their parts well. *Behind The Scenes* will allow students to explore all of the different aspects that bring a production together: set design, props, costuming, make-up, set building, lights, sounds, stage management, rigging, running crew, theater maintenance, and marketing.

This class will support the winter middle school production. Volunteering for the winter play crew is optional.

 - **Homework: None**
 - **Credit: FA: PA**
6. **Directing Lab (Ms. Samantha)** - In our *Directing Lab* we will explore what a director does, why the director is important to the overall production, and how to direct well. We will discuss various techniques, philosophies, styles, and terminology of the theater. Students will direct short scenes and/or monologues in class throughout the term using their classmates as cast.
 - **Homework: Light**
 - **Credit: FA: PA**
7. **MS Winter Play Rehearsal Lab (Ms. Samantha)** – Are you planning on auditioning for the winter middle school play? Are you busy some days after school and want extra rehearsal time? If so, this Rehearsal Lab is perfect for you! In Rehearsal Lab we will cover audition preparations and process, rehearsal etiquette, basic stage skills, and memorization techniques. We will dive deeper into **character and world building** in support of the winter play in class throughout the term.
 - **Homework: Light**
 - **Credit: FA: PA**
 - **Prerequisite: Planning to audition for the winter play**
8. **Playwriting Lab (Ms. Samantha)** – In our *Playwriting Lab* we will explore the art of playwriting. Playwriting is different from other forms of writing; we are writing for performance - the work is meant to be *seen* rather than read. We will use writing prompts, brainstorming, various playwriting techniques, and **workshopping** to create and refine scenes, monologues, and short plays. We will discuss *styles* and *genres*, as well as necessary stage terms and directions for the aspiring playwright.
 - **Homework: Light**
 - **Credit: FA: PA or HU**
9. **Readers Theater (Ms. Samantha)** - Engaging in script analysis and exploring historical context in *Reader's Theater*, we will bring the written word to life together. We will read various scripts aloud, conveying story, setting, and character using our voices, facial expressions, and gestures. Signature costume pieces and a prop or two might be added for dramatic effect and fun. Offered multiple terms.
 - **Homework: None**
 - **Credit: FA: PA or HU**

World Languages

World Languages: Ashbrook offers French, Mandarin Chinese, and Spanish.

Beginning in 5th grade, students can choose one of two options:

- Middle School WL Sequence 1 - language was started in grade 5
- Middle School WL Sequence 2 - language was continued from Lower School
- Both Sequences move through Beginning, Intermediate and Advanced Levels based on language proficiency.
- New Middle School students will automatically be placed in a Beginning Level Class unless they can demonstrate formal World Language study at their previous school or test out of a Beginning Level Class in the placement test.
- Students remain in the same language for all four years.

Humanities

1. **Baker Street Irregulars: A Sherlock Holmes Study (Mrs. Washburn)** – Sherlock Holmes is quite possibly the most recognized character in modern literature. This brief survey course will examine the essential character of Sherlock Holmes, the life of his creator, and his contemporary appeal. Participants will read original Arthur Conan Doyle works, which can be challenging.
 - **Homework: Light**
 - **Credit: HU**
 - **7th & 8th grade only (6th w/strong reading comp. allowed)**
2. **Book Club (Mr. Washburn)** – Students will read books in common, following an established schedule, so that situations and interactions between characters can be discussed as a group. Student input will be used to choose subsequent books as the trimester progresses. Three books, depending upon length and complexity, is the goal for the term.
 - **Homework: None to Light**
 - **Credit: HU**
3. **Comic Book History (Mr. Washburn)** – Students will trace the evolution of (mostly superhero) comic books from the 1930s through the current Marvel and DC Cinematic Universes. Stops along the way will include the 1954 Senate hearings on juvenile delinquency, the counterculture boom, and Marvel's near bankruptcy in 1996. Aside from some documentary viewing, this is mostly a research class.
 - **Homework: None**
 - **Credit: HU**
4. **Creative Writing (Mr. Washburn)** – The students will work on a number of short assignments, which focus upon fiction writing concepts. The main project will be a short story which applies those concepts to a finished piece. In this workshop setting, students are encouraged to share their independent work among themselves for insights and varied perspectives.
 - **Homework: None**
 - **Credit: HU**
5. **Faeries (Mr. Washburn)** – Students will read some fairytales, but the focus will be on the faeries themselves. Students will examine the similarities and differences of faeries in various cultures and seek out evidence of them in modern day books, movies, and television shows. Faeries are not all Tinkerbell-like pixies. There are scary ones too, like redcaps and kelpies.
 - **Homework: None**
 - **Credit: HU**
6. **Heroes, Myths & Legends: The British Isles (Mrs. Washburn)** - Building on the popularity of the original Heroes, Myths, and Legends course, this course focuses exclusively on the tales of the British Isles. Joseph Campbell's theory of the Hero's Journey will shape some of the class discussions. Topics may include Beowulf, King Arthur and His Knights, Robin Hood, assorted folktales and faerie creatures, and stories from C.S. Lewis, J.R.R. Tolkien, and J.K. Rowling.

- **Homework:** *Light*
- **Credit:** *HU*

- 7. Mythology: Norse (Mr. Washburn)** – Students will learn about Norse gods and goddesses and read some of their principal myths. Then, they will trace their evolution through modern day books, comic books, movies, and shows.
 - **Homework:** *None*
 - **Credit:** *HU*
 - *7th and 8th grade only*
- 8. The National Parks (Mrs. Washburn)** - With the establishment of Yellowstone National Park in 1872, the United States embarked upon a journey to preserve natural spaces for the benefit of its citizens. This course will examine the history of the National Park Service, highlight some of the major National Parks, and engage students in planning a dream family vacation to the Park of their choosing.
 - **Homework:** *Light*
 - **Credit:** *HU or CT*
- 9. Tolkien Lore (Mr. Washburn)** – Students will start with a brief overview of the history of Arda, which is the world that contains Middle Earth. Once they have their bearings, students will be invited to research characters and events which intrigue them and then share their findings with the class. Characters who appear in *The Hobbit* and *The Lord of the Rings* often have rich and very long histories, and this is a chance for some deep dives. Students should already have read or watched *The Lord of the Rings* prior to taking this class.
 - **Homework:** *None*
 - **Credit:** *HU*
- 10. Zombie Geography (Mrs. Washburn)** - When zombies attack, where should we run, where should we regroup, and where should we rebuild our lives? A dangerously overlooked fact: Geography skills can save you from an impending zombie apocalypse. Students will use their natural desire to survive a zombie assault and their geography skills in this simulation based on surviving when hordes of slaving zombies threaten to overrun their neighborhoods.
 - **Homework:** *Light*
 - **Credit:** *HU*

STEM

- 1. Agriculture Science (Mrs. Henry)** - Students will explore the broad scope of Agricultural science before focusing on different interest-based projects. The class will cover the basics of plant physiology, soil and nutrient needs and basic greenhouse practices. Projects are tailored to student interest so can be repeated. Class includes a field trip to a local farm.
 - **Homework:** *None*
 - **Credit:** *SM*
- 2. Boat Building (Mr. Hunt)** - This boat is not a mini-boat for your bathtub. Groups will be responsible for constructing a sea-worthy vessel capable of carrying one or more members of the group in a water race at the end of the school year. Boats will be built out of cardboard or recycled materials such as milk cartons, bottles, or cans. One of the goals of the project is to build group skills and improve the student's ability to work cooperatively with others.
 - **Homework:** *None*
 - **Credit:** *SM or FA: AR*
 - **Fee:** *\$20 for boat supplies**
 - *7th and 8th grade only*
- 3. Engineering Thinking & Design (Ms. Nix)** - Co-designed with OSU's MIME department, this course goes beyond the ability to just 'build things', and includes what it means to 'be an engineer', and engineering thinking: the ability to know how to structure questions and hypotheses, collect data, and also evaluate this data to improve and enhance designed products or environments. Students will explore the process of design and engineering thinking within the context of real-world problems local to the PNW. Students will engage in all aspects of design thinking from initial

conceptualization and problem/requirements generation through prototyping and evaluation. Course activities will culminate in students presenting their design solutions in a final project to their classmates, and also a potentially larger Ashbrook community. Field trips: Depending on the design topic selected in the term, field trips to local areas, including OSU engineering labs, may be scheduled to help students understand the scope of projects, etc.

- ***Homework: Light***
- ***Credit: SM***

4. **Flora, Fauna, and Food (Maestra Kelsey)** - Bring your boots and your gloves! Students will revitalize the garden beds in the courtyard and the greenhouse with a variety of flowers, vegetables, and fruit. Students will learn about soil, fertilizer, compatible/incompatible plants, pests, and how to care for a garden. Students will learn about native plants and trees in Oregon and how to identify them by leaves, bark, riparian environments (deciduous and conifers), and other characteristics. Students will also get to enjoy the fruits of their labors while using herbs, veggies, and fruits harvested to cook delicious culinary creations at the end of the term

- ***Homework: None***
- ***Credit: SM***

5. **Foundations of High School Chemistry (Ms. Nix)** - Foundations of HS Chemistry is a one year long elective. This course is meant to give students a strong foundation in the major topics of high school chemistry. It is open to all students in grades 7 and 8 who want to study chemistry at an advanced level and are willing to put in the work that is required. We will cover all the major topics of high school chemistry including the structure of the atom, ionic and covalent compounds, nomenclature, and chemical reactions.

- ***Homework: Heavy***
- ***Credit: SM***
- ***7th and 8th grade only (received an A in physical science)***
- ***This is a year-long class***
- ***Fee: \$20 for labs****

6. **Intro to Arduino (Mrs. Henry)** - Students will be introduced to the Arduino system and get a chance to do mini-projects designing and coding Arduino to perform simple functions.

- ***Homework: None***
- ***Credit: SM***
- ***7th and 8th grade only***

7. **Oregon Ecology (Mrs. Henry)** - Students will explore the various regions of Oregon and the unique environmental and ecological settings relevant to the regions. The class will cover human-animal interactions, water systems, forest ecology and human impacts on the environment. Different regions in Oregon will be covered in new trimesters, so students are welcome to repeat the class.

- ***Homework: None***
- ***Credit: SM***

8. **Science Fair (Mrs. Henry)** - In Preparation for our Science Fair, happening during VIP day, this class is available as a set aside time to plan, research, make the poster etc. with the help of a science teacher. (Note: Experimentation itself may need to be done at home still)

- ***Homework: None***
- ***Credit: SM***

9. **Study of Probability (Mr. Hunt)** - Students will practice various card games, including poker, to exercise their brains, lift their spirits, and develop an acute sense of probability. Students must maintain a B- or above in all classes in order to participate in that day's games, otherwise it can be used as a study period.

- ***Homework: None***
- ***Credit: SM***

Wellness, Health and Physical Fitness (6th-8th grade PE/Health are required courses)

1. **Active Oregon (Outdoor Ed) (Mrs. Jara-Weber)** - Students would learn how to stay physically active and safe while utilizing the great outdoors of the Pacific Northwest. We live in such a beautiful state and I would love to show students just how much is out there for them to explore. We would learn skills like:
Team building and challenge by choice - The importance of leadership and communication in any outdoor adventure model/ setting
Hiking Safety- Hiking safety, hiking courtesies, how to find local hiking trails, how to read trail heads
Camping Tips and Tricks - What and how to pack, tent pitching, fire building, camp cooking, nature and animal safety, knot tying, no trace policy
Wilderness First Aid - When something goes wrong in the field, how do we handle it? How to utilize things you have on you, as well as what is around you
Orienteering- map reading, compass skills, and tracking
Fishing - Casting, knot tying, lure building/design, knowing local regulations, etc.
Activity Options - Kayaking/canoeing, biking, mountain biking, snowshoeing, XC skiing, paddle boarding, rock climbing, ropes course, rafting, etc.
 - **Homework: Light**
 - **Credit: WE**
2. **Golf (Mrs. Henry)** - Students will have the opportunities to learn and practice the basics of golf including driving, chipping and putting as well as basic rules and etiquette of the sport.
 - **Homework: None**
 - **Credit: SM**
3. **Invasion Games (Mrs. Jara-Weber)** - Sports and activities are broken up into different categories of play. This class is set up for us to take a deeper dive into a variety of invasion style games (games with an interacting offense and defense, where you can “invade” the other teams playing area). This includes games like soccer, basketball, football, ultimate Frisbee, rugby, hockey, polo, quidditch, etc.
 - **Homework: None**
 - **Credit: WE**
4. **Muggle Quidditch (Mrs. Jara-Weber)** - A fast paced, high energy game, adapted right from the wizarding world of Harry Potter. The game involves 2 teams competing to earn the most points. You do play on brooms and there are quaffles, bludgers and a snitch to catch! We will sort you into your own house teams, break down and practice each position, get to know the rules of play, compete for house points and hold an end of term Quidditch cup tournament!
 - **Homework: None**
 - **Credit: WE**
5. **Target and Net/Wall Games (Mrs. Jara-Weber)** - Sports and activities are broken up into different categories of play. Target style games (Game play involves accuracy and precise aim towards a target). This includes games like; bowling, KanJam, all forms of golf (regular, disc golf, soccer golf, put put), bocce, kubb, polish horseshoes, shuffleboard, horseshoes, and archery. Net & Wall game include (games that utilize a net divider or wall during play). This includes games like volleyball, tennis, ping pong, badminton, spike ball, pickleball, eclipse ball, squash and racketball.
 - **Homework: None**
 - **Credit: WE**
6. **Tumbling (Maestra Kelsey)** - Students will learn basic techniques: forward roll, backward roll, handstand, bridge, cartwheel, and round off. Students will work on variations of these skills, flexibility, agility, and strength through drills to work towards learning a front flip, front handspring, and back handspring. Basic stunting will also be introduced.
 - **Homework: None**
 - **Credit: WE**

7. **Ultimate Frisbee (Mr. Hunt)** – Students leaving this class have been successful ultimate players in high school and beyond. Students will primarily participate in ultimate games, but also may play Durango Boot, Box, or other Frisbee related games.
- ***Homework: None***
 - ***Credit: WE***
8. **Zumba (Ms. Nix)** - Students will focus on learning fun Latin dance inspired choreography to a variety of songs while getting their heartbeat up.
- ***Homework: None***
 - ***Credit: WE***

**Elective course fees are waived for students receiving financial aid.*